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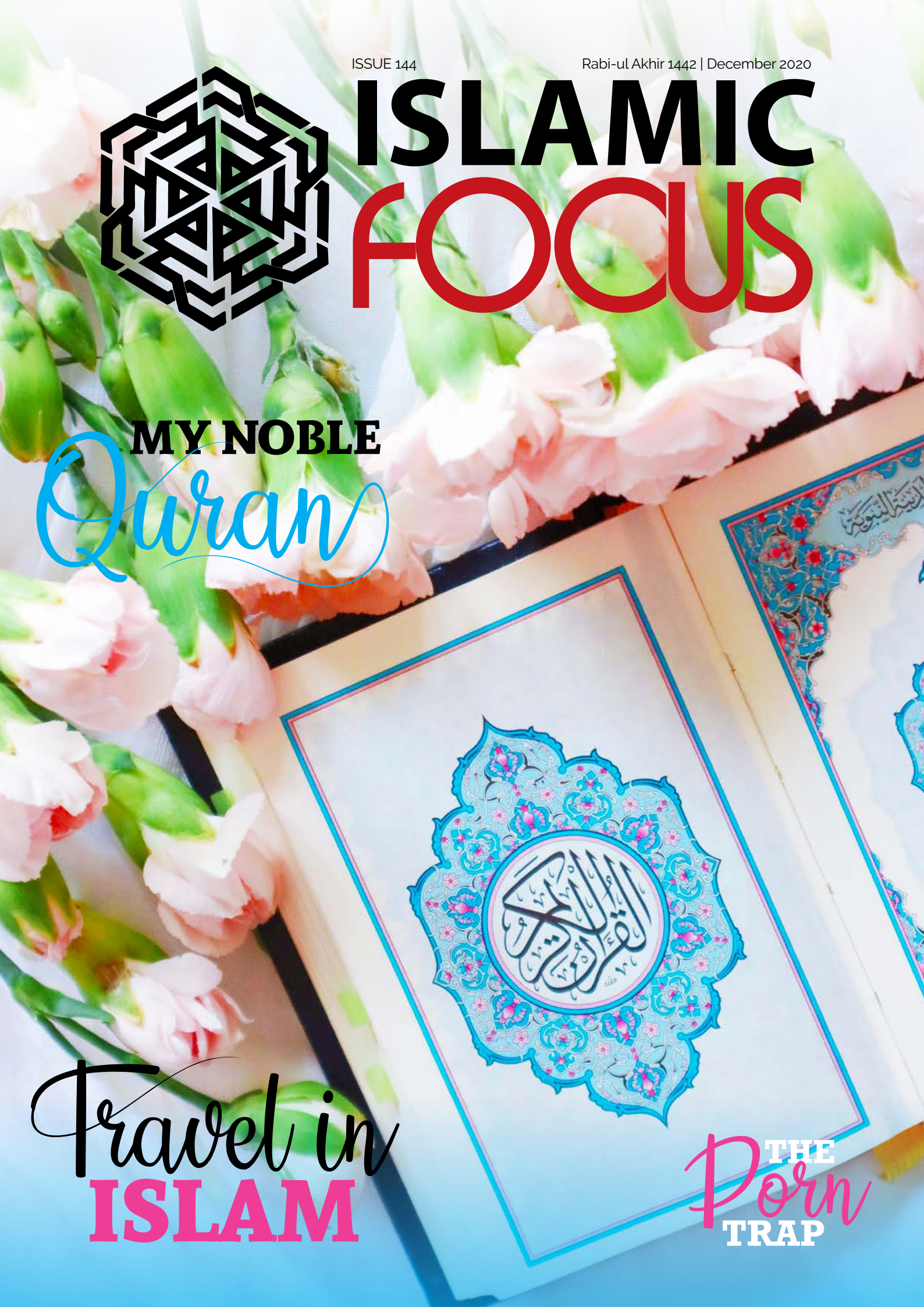
# ISLAMIC FOCUS

MY NOBLE

*Quran*

Travel in  
**ISLAM**

THE  
*Porn*  
TRAP



# Ahlan Wasahlan...

## FROM THE EDITOR

Inspirational stories teach us great lessons in simple ways. This is a regular feature in the Islamic Focus magazine and in this issue you can read about the lonely ember and the beautiful lesson it highlights about unity. The story about the strand of hair on the other hand teaches us about the importance of keeping things in perspective.

The popular Hadith verification feature is taken from the wonderful work of the team over at Hadith Answers. They provide a unique and essential service in the form of verifying the authenticity of Hadith. This is relevant to the digital age where people forward messages continuously, rarely stopping to check the status of the Hadith they pass on.

As the Muslim world is buffeted by storm after storm, it is essential for us to keep the teachings of Islam in front of us as a guide.

The article on justice provides the Islamic approach towards the issues of racism and defamation. In a world where moral values are fast eroding, Muslims need to be the beacon for common human values such as upholding justice and taking a stand against oppression.

Part two of the lessons from Surah Hashr gives us tools to handle Islamophobia. It also gives us hope and motivation to meet the seemingly insurmountable challenges of life.

And we round off this issue with a discussion of a problem which is tearing apart the fabric of society but which many find difficult to deal with: pornography. We provide a plan of action on beating this deadly addiction.

*Muhammad Badsha*  
(Moulana)

## CONTENTS

4 TRAVEL IN ISLAM

6 INSPIRATION

8 LESSONS FROM SURAH HASHR - PART 2

10 SENSE OF JUSTICE

12 HANAFI & SHAFI SALAAH

14 MY NOBLE QURAN

16 THE PORN TRAP

18 HADITH VERIFICATION



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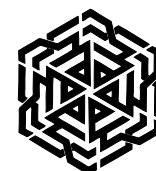
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Travel has formed part of human existence from the very beginning of time. Prophet Aadam ﷺ came down in the region of what is now India, according to some narrations. He would go on to travel to Makkah Mukarramah and build the Ka'bah. Prophet Musa ﷺ travelled from Egypt to Madyan and back again to free the Israelites from the clutches of Pharaoh, and accompanied them in their travels through the Sinai. He also undertook a journey in search of knowledge and Prophet Khidr alaihis salaam accompanied by Prophet Yusha ﷺ. Prophet Muhammad ﷺ had also travelled prior to Islam on business trips, as well as the epic journey of Hijrah from Makkah Mukarramah to Madinah Munawwarah. Mankind has travelled for business, religion and assorted other reasons for centuries.

In this article we will look at some of the benefits of travel.

## 01 BUSINESS

**"HE (ALLAH TA'ALA) KNOWS THAT SOME AMONG YOU WOULD BE SICK AND SOME OTHERS WOULD BE TRAVELLING IN SEARCH OF ALLAH'S BOUNTY [LIVELIHOOD]." (QURAN 73:20)**

The Hadith gives us a formula for a prosperous journey: Recite Surah Kaafiroon, Nasr, Ikhlās, Falaq and

Naas with Bismillah before each Surah and once at the end as well. Jubayr ؓ says: "I continued to practice this until I became the best of my traveling companions in appearance and provisions." (Musnad Abi Ya'la)

The Hadith also indicates that there is blessing in the early part of the morning. Sakhr ؓ would send his business caravans out early and experienced financial prosperity. (Tirmidhi)

## 02 RELIGIOUS

**"AND YET OTHERS WOULD BE FIGHTING FOR THE CAUSE OF ALLAH." (QURAN 73:26)**

Imam Bukhari ؓ travelled from Central Asia through Iran, Iraq, Hijaz, Egypt and Palestine in search of the knowledge of Hadith. He heard Hadith from over 1,000 men on this journey of learning. In fact, Imam Bukhari ؓ once travelled to Basrah just to have an opportunity to see a broken wooden cup which had belonged to the Prophet ﷺ and drink from it.

## 03 TAKE LESSON

**"HAVE THEY NOT TRAVELED IN THE LAND WHERE THEY COULD HAVE SEEN FOR THEMSELVES WHAT END THOSE BEFORE THEM MET WITH?" (QURAN 12:109)**

A visit to the ruins of once great

empires such as Rome or Athens, or the ancient civilizations of India will reveal that nothing is left of them except stone. Muhammad Asad wrote in *The Road to Mecca* that his journeys as a young Jew from Austria through Muslim lands in the 1920s opened his eyes to the wonderful system of Islam, a journey that answered all his intellectual questions and quenched his spiritual thirst. He saw the failings of the Muslims first hand but was won over by the perfection of Islam.

Among the great travellers of the world, one who stands out more than Marco Polo is the famous Ibn Battuta. He visited most of the Islamic world and many non-Muslim lands over a period of 30 years. If you read the travelogues of that most epic journey, the Hajj, you will not fail to be carried away with the emotion. Travel opens the mind.

## 04 GOOD HEALTH

"Travel and undertake journeys for it will enhance your health." (Jaami al Saghir) Change of climate is proven to be an excellent way of enhancing one's wellbeing.

Appreciate the fact that people 100 or so years ago would have marvelled at the relative speed and ease with which we undertake journeys today. Utilise the gift of travel wisely.

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## THE STRAND OF HAIR

A bald man was once explaining to his daughter the importance of putting everything into its proper perspective. She was not getting what he meant so he said: "Look. If I have a single strand of hair on my head it's too little. But that single strand in a bowl of soup you've made is too much."

Life is made up of various disappointments and heartaches. These need to be put into perspective if we don't want to be snowed under and feel overwhelmed. When we are going through a bad patch, the Hadith encourages us to look at

those who are worse off. The little money we have now seems a lot when compared to someone who has none. The Hadith tells us not to look at those who are better off for then we will feel despondent.

Likewise, whatever hardship we might be undergoing is nothing when we compare it to Paradise. A moment of Paradise will make all the suffering of this world seem insignificant. On the other hand, a moment in Hell will make all the good times of this world pale into nothing.

When we feel swamped under by our life of sin and there seems to



be no relief in sight, then we need to reflect on Quran which exhorts us to remember that Allah Ta'ala's Mercy is limitless and no amount of sin is ever too much to be wiped out totally by His Forgiveness.

Put life's tests into the proper perspective and things will go much smoother.

## THE LONELY Ember

A Musalli of a certain Masjid, who previously had been attending salaah in congregation regularly, stopped going. After a few weeks, the Imam decided to visit him.

It was a chilly evening. The Imam found the man at home alone, sitting before a blazing fire. Guessing the reason for the Imam's visit, the man welcomed him, led him to a big chair near the fireplace and waited.

The Imam made himself comfortable but said nothing. In the grave silence, he contemplated the play of the flames around the burning logs. After some minutes, the Imam

took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent.

The host watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and dead as a doornail. Not a word had been spoken since the initial greeting.

Just before the Imam was ready to leave, he picked up the cold, dead ember and placed it back in the middle of the fire.



Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the Imam reached the door to leave, his host said, "May Allah reward you for your visit and especially for the fiery sermon. I shall be back for salaah in the Masjid at Fajr."

This is the parable of Salaah in congregation. That person who abandons it loses the flame of Islam and its spirit. Together, Muslims recharge each other. Alone we are dead.



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## LESSONS FROM

# Surah Hashr

There are several lessons in Surah Hashr, the 59<sup>th</sup> chapter of the Noble Quran, which are relevant to our current situation and which can be applied to our lives in general:

### **Islamophobia and its reality**

The threat of Islamophobia and meddling of countries in the affairs of Muslim lands stems from a deep-rooted, centuries old enmity. On an international level Muslims are dealing with it on an increasing basis. Mention is made of the reality of this onslaught in this Surah:

***“They do not fight you, even assembled together, but in fortified towns, or from behind the walls.”***  
**(Quran 59:14)**

In today's context, they wage war behind ever more remote screens through drones, sophisticated long range weaponry, and aerial artillery. When the Muslims under occupation look at it, it is very easy to become despondent. But the Noble Quran reveals to us the reality behind the scenes:

***“Their hostility among themselves is severe. You think that they are united, while their hearts are divided.”***  
**(Quran 59:14)**

The western European nations strive to present a seemingly unified front. But a quick glance

behind the scenes reveals a different picture. World wars one and two were fought essentially as inter European conflicts. In 1453, when Sultan Mehmed II conquered the heart of Christianity, Constantinople, the Orthodox Church welcomed the Muslims for the religious freedoms they accorded them as opposed to their brothers in faith, the Catholics. In fact, in 1204 the Catholic Crusaders ransacked Orthodox Constantinople with a savagery and desecrated Orthodox churches.

When the Muslims came into Spain in 711, they were welcomed by the locals who had suffered under the Visigoths. Julian, Count of Ceuta, asked the Muslims for help when the Visigoth king Roderick raped his daughter.

The Irish Catholics suffered for decades under the British Protestants, and the brutality is well documented.

The message is quite clear, do not become disheartened when you see the elaborate conspiracies playing out, seeking to undermine the freedom of Muslim lands and occupy them. This is not something new or unexpected:



***“And they worked out their plot and whatever they plot is before Allah, even though their plot is such as would move the mountains.” (Quran 14:46)***

Their plots and schemes, elaborate enough to move mountains, are as old as Islam itself.

***“The conspiracies of the devil is only to cause grief to those who believe.” (Quran 58:10)***

The devil wishes to create despondency through the secret conspiracies that have been at work behind the scenes for centuries. Ibn al Qayyim رحمته الله mentions, “There is nothing more beloved to the devil than to make a believer sad in order to impede and interrupt his journey to Allah Ta’ala, and stop him from doing good deeds.” (Madarij al Saalikeen)

***“Yet he (the devil) cannot harm them (the believers) at all, except by the permission of Allah.” (Quran 58:10)***

Only if Allah Ta’ala wills in His Wisdom to allow their plans to succeed will they do so. In that event, rest assured that there will be a wonderful reason for the Muslims to endure it. Don’t ever think that any evil political system is too big or powerful to bring down. Apartheid crumbled, and the Soviet Union disintegrated by people chipping away at it persistently.

## Some life lessons

Not all things are as they appear to be. The enemy forces seem united but in reality there are serious fault lines in their alliances. A bitter family feud could maybe require a small thing that would bring everyone back together again.

Never give up when faced with a seemingly insurmountable challenge in life; whether attempting to study a course, or settle down in life, or make a success of a job, business or career, or survive an acute and nasty family crisis.

Who would have thought that man could soar so easily through the air, or that one day we could speak to or see someone on the other side of the world? Flight required the ideas of kite flying, da Vinci’s inspired designs of air machines, the discovery of hydrogen, balloons, theories in mechanics, gliders and thus on to heavier than air machines. Now we use unmanned flight as an everyday norm, such as with drones.

In World War two, the Germans had the enigma machine which made messages in code. These were ultimately cracked by the Allies and this source of classified information shortened the war significantly and may have determined its course.

Don’t give up on an idea or a dream or a plan no matter how big or impossible it may seem. The sin that seems too deep rooted to break, or the addiction that seems beyond defeat, can all be eradicated.

# a Sense of Justice

One of the cornerstones of Islamic society used to be an ingrained sense of justice. This, prompted by a consciousness of responsibility to Allah Ta'ala, meant that a Muslim would deal equitably with everyone, no matter if he was an enemy. It meant that he would be humble and kind to all. It meant that he would be honest in his business dealings. In fact, it underpinned the very existence of a sound society.

A sickness which has permeated society worse than any pandemic is the recklessness with which we defame and vilify people. This is on the increase especially on social media platforms. If one is on the receiving end what should one do? This depends on the situation but we can follow a simple guide: Ignore the ranting. Don't give the perpetrator the satisfaction of getting the attention he is seeking. As Hazrat Khalid ibn al Walid رضي الله عنه said to a man who insulted him, "It is your scroll of deeds, so fill it with whatever you wish." This teaches us that we are the authors of our book of deeds. Don't fall prey to this disease which can come under the superficial guise of fulfilling an Islamic duty.

If the vilification and abuse becomes incessant and causes emotional turmoil, then the next step will be to address it and get relief through the proper channels.

**"WHEN NEWS CONCERNING PEACE OR FEAR COMES TO THEM, THEY GO ABOUT SPREADING IT. HAD THEY REFERRED IT TO THE MESSENGER AND TO THOSE HAVING AUTHORITY AMONG THEM, THE TRUTH OF THE MATTER WOULD HAVE COME TO THE KNOWLEDGE OF THOSE OF THEM WHO ARE ABLE TO INVESTIGATE." (QURAN 4:83)**

In a state governed by Islamic laws, slander is a crime punishable by law, together with being a grave sin. Employing the proper steps to seek redress makes the problem less likely to spiral out of control.

What should be the response of someone who witnesses this injustice? Stand for justice by assisting the downtrodden and those being taken advantage of.

Once oppression becomes institutionalized as in the case of the racism of centuries that has permeated European society, then there comes a time and need to actively highlight the abuse and go public with it.

**"ALLAH DOES NOT LIKE THE PUBLIC MENTION OF EVIL EXCEPT BY ONE WHO HAS BEEN WRONGED." (QURAN 4:148)**

Public awareness campaigns need to be undertaken or else the oppression continues and seems to be non-existent. At times it needs exposure at great personal expense to bring it to light. The

rampant sexual abuse found in the higher echelons of the movie industry needed victims to throw away lucrative careers, face smear campaigns and threats to life to hold powerful people accountable. The same had to be done to expose the widespread culture of abuse within the Church, and in many other corridors of power.

Nabi ﷺ taught us to be actively anti-racist, not just non racist. At the conquest of Makkah Mukarramah, the most venerated building to the Quraish came under the control of the Muslims. Hazrat Bilal رضي الله عنه, the African, was made to go on top of the Ka'bah and proclaim the Athan. We can well imagine the blow to racial prejudice that was struck by that action.

Colonialism was viciously racist as part of its core principles. It actively pursued horrendous atrocities against conquered nations based on ugly racism. The powerful machinery of colonialism still controls minds through the media. It requires a lot of public awareness to show that a man consistently considered a hero by the British, Winston Churchill, was a eugenicist – someone who considered some races as superior to others. He believed that eugenics would solve race deterioration and reduce crime and poverty. He referred to colonial subjects as being primitive. He said about Indians, "I hate Indians.

They are a beastly people with a beastly religion." He referred to Palestinians as "barbaric hordes who ate little but cow dung." He supported the use of poison gas against colonial subjects. In the Bengal famine, his actions significantly contributed to the famine in which over 3 million Indians lost their lives. He blamed it on the Indians for "breeding like rabbits."

We can judge the true commitment to universal justice by the comments of UK Prime Minister Boris Johnson who said he would fight with every breath in his body to stop the removal of Churchill's statues.

Similarly, we would not know about many others like King Leopold II of Belgium. He was directly responsible for 10-15 million African deaths. We need to not only rely on mass media or to accept the official narrative unquestioningly when being fed information. Much of the awareness of ongoing atrocities is dependent on the noise we make. We should never grow weary of championing the cause of the Palestinians, Kashmiris or the Uighur Muslims in Chinese occupied East Turkestan. The racism is even more deep rooted than the official media would have us believe.

What should we do when we witness abuse, whether racist in nature or slander and vilification?

**"O YOU WHO BELIEVE, BE STEADFAST FOR ALLAH, (AND) WITNESSES FOR JUSTICE. MALICE AGAINST A PEOPLE SHOULD NOT PROMPT YOU TO AVOID DOING JUSTICE. DO JUSTICE. THAT IS NEARER TO TAQWA." (QURAN 5:8)**

Standing up for justice is a trait that a Muslim needs to apply in all situations. When we are tempted to forward comments, or posts, or articles that speak disparagingly of others, we need to determine whether it falls under the ambit of grave sins. The default response is that we should never be a party to hurting a Muslim, no matter the apparent justification.

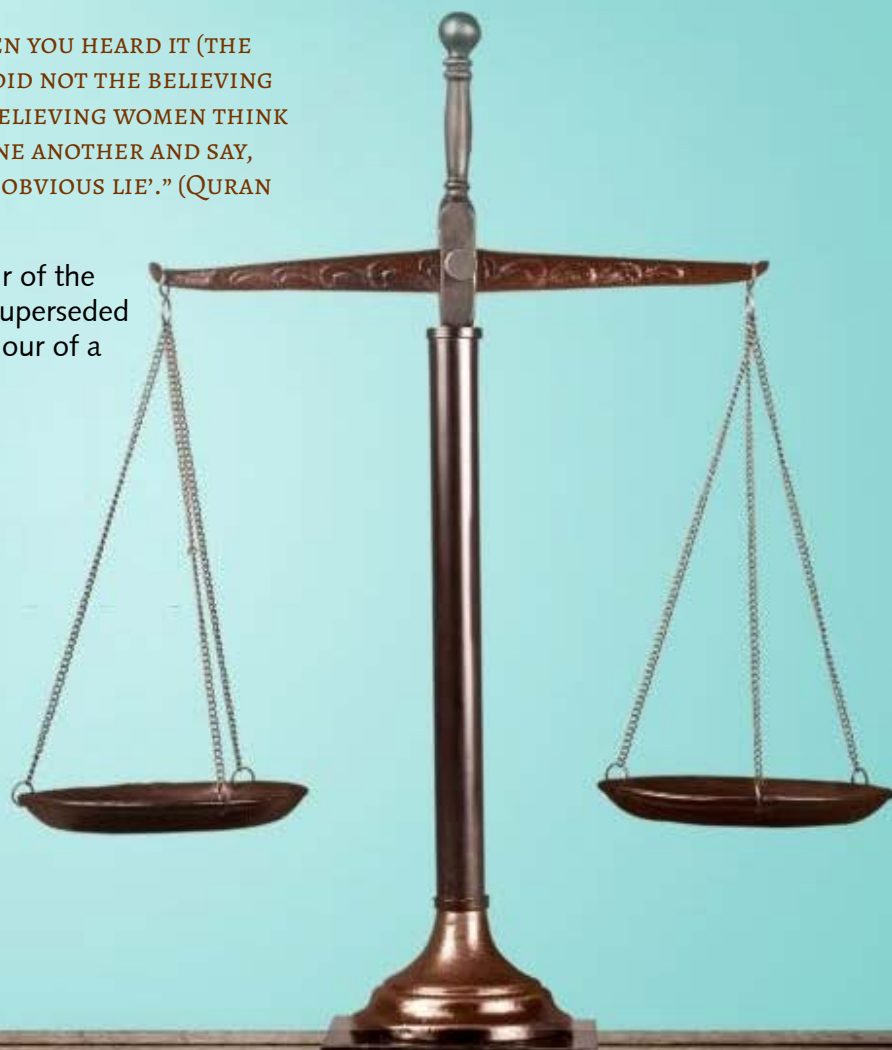
Nabi ﷺ would instruct the Sahaba ؓ not to pass on information of a negative nature about the next person for he wished to meet people with a clear conscience. (Abu Dawood) Kill falsehood, rumours and gossip by not making mention of it. Gossip, it is said, comes to end when it reaches the ears of a wise man.

**"WHY, WHEN YOU HEARD IT (THE RUMOUR), DID NOT THE BELIEVING MEN AND BELIEVING WOMEN THINK GOOD OF ONE ANOTHER AND SAY, 'THIS IS AN OBVIOUS LIE.'" (QURAN 24:12)**

The honour of the Ka'bah is superseded by the honour of a Muslim.

Handling differences of opinion on matters of Islam has also become a contentious issue. When senior, competent Ulama arrive at different, directly opposed views, neither will be counted as a sinner, nor will any of these opinions be counted as an evil worthy of eradicating, as explained by Mufti Shafi ؒ. (Ma'ariful Quran)

When disagreement is handled with arrogance and intolerance, it leads to rifts in society, enmity and embarrassment. Justice is a quality of life that should be ingrained in a Muslim. All of his actions are driven by a sense of justice which ensures fair dealings, honesty, respect, tolerance and a sense of harmony within society.



# INSIGHT INTO FIQH

Differences between the Shafi and Hanafi Mathab in Salaah **Part 2**

South Africa has a healthy fusion between followers of the Shafi and Hanafi Fiqh. Many a home will have a mix of members following the two schools of thought within Islamic jurisprudence.

In view of this, we bring you part two of a simplified version of selected differences between the Shafi and Hanafi Mathabs with regards to Salaah. This is only intended as a guide and detailed answers should be sought from the respective Ulama.

## 8 Raising the Hands

**Shafi:** It is Sunnah to raise the hands at four points:

1. When starting Salaah,
2. Before Ruku,
3. When rising from Ruku, and
4. When rising from the first Tashahhud

**Hanafi:** The hands are only raised once when starting Salaah. In Witr, the hands are also raised in the third Rakaat after the Surah and before the Qunoot.

## 9 Resting after Sajdah

**Shafi:** It is Sunnah to sit and rest briefly before standing up after the two Sajdahs in every Rakaat that is not followed by Tashahhud.

**Hanafi:** One rises after the two Sajdahs into the standing position without stopping to sit and rest.

## 10 Sunnats before Zuhr

**Shafi:** There are two Rakaats of emphasised Sunnah before the Fardh of Zuhr.

**Hanafi:** There are four Rakaats of emphasised Sunnah before the Fardh of Zuhr.

## 11 Sunnats before Maghrib

**Shafi:** It is recommended to read two Rakaats before the Fardh of Maghrib.

**Hanafi:** Two Rakaats before the Fardh of Maghrib is Makrooh (disliked) unless there is a delay in Maghrib Salaah beyond one's control. In that case it is permissible to perform.

## 12 Witr Salaah

**Shafi:** The minimum Rakaats for Witr is one.

**Hanafi:** Witr consists of three Rakaats.

## 13 Status of Witr

**Shafi:** Witr is an emphasised Sunnah. If one misses it then Qadha is not necessary.

**Hanafi:** Witr is a Waajib (compulsory) Salaah. If one misses it there is Qadha.

## 14 Qunoot

**Shafi:** Qunoot should be recited in the Fajr Salaah, irrespective whether there is any calamity or not. It should also be recited in Witr in the second half of Ramadaan.

**Hanafi:** Qunoot is not recited in Fajr Salaah except when there is some calamity. It is recited in Witr throughout the year.

### NOTE

These rules are collected from the mainstream views of the Muftis of the two Mathabs. They are listed to give an appreciation of the differences and to remove any misconceptions.

They can also serve as a handy guide for teachers who need to teach students of a Mathab different from their own, or for

Imams whose congregations are different from their own.

Topics covered in this series to date: Fasting, marriage, Taharah, Hajj, travel, Zakaat, Salaah and Qurbani.

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# MY NOBLE Quran

As the world goes through the Covid-19 crisis, we need to more than ever reflect on what deeds we might be doing that are displeasing to Allah Ta'ala. Nu'man ibn Bashir رضي الله عنه said during a sermon, "Total destruction lies in doing bad deeds during a time of calamity and tribulation."

We need to realise with a sense of urgency that this is a wakeup call. Allah Ta'ala tells us:

**"OH YOU WHO BELIEVE, FEAR ALLAH, AND EVERYBODY MUST CONSIDER WHAT HE (OR SHE) HAS SENT AHEAD FOR TOMORROW." (QURAN 59:18)**

In this verse, the Day of Judgment is referred to as tomorrow, indicating its inevitability and how close it is to us in reality. Once we die, our Judgment commences and our ultimate end destination is set for eternity. The Day of Judgment is thus extremely near in relative terms.

One of the lifelines we need to cultivate, especially in a crisis, is our link to the Noble Quran. When we are departing from this world, we want people to read the Noble Quran for us. More than this is that we are able to die while reciting the Noble Quran.

## READ THE NOBLE QURAN

Abul Hassan Ali Nadwi رحمته الله, a prolific author and profound thinker, passed away in 1999 on a Friday in Ramadaan while reciting the Surah Yaseen from the Noble Quran.

Sufyaan ibn Uyaynah رضي الله عنه, while emphasising the fact that the Noble Quran is our link to Allah Ta'ala, said, "You will never reach the pinnacle of Islam until nothing is more beloved to you than Allah Ta'ala. Whoever loves Allah Ta'ala, loves the Noble Quran."

Hassan al Basri رضي الله عنه mentioned, "There is no genuine wealth without the Noble Quran. And with the Noble Quran there is no poverty."

Ibn al Qayyim رحمته الله states, "There is no means of attaining faith and conviction except through the Noble Quran."

Any person who attaches himself to the Noble Quran is worthy of envy. Imam Bukhari رحمته الله, while recording the only two people we should envy and admire, states that one is such a man to whom Allah Ta'ala has given the gift of the Noble Quran and he recites it night and day.

The believer who reads the Noble Quran is like a citron fruit whose fragrance is good and whose taste is good as well. (Bukhari) The quality of taste here refers to faith, and the quality of fragrance refers to the recitation of the Noble Quran.

“The Noble Quran is a banquet and splendid feast from Allah Ta'ala,” says Ibn Masud رضي الله عنه, “so take as much of it as you can. I know of nothing more devoid of goodness than a house in which there is nothing of the Book of Allah Ta'ala (i.e. the Noble Quran).”

No adult and no child in any community should be illiterate with regards to being able to recite the Noble Quran. In a narration of Ibn Hibaan, the Prophet صلى الله عليه وسلم advised, “Make the remembrance of Allah Ta'ala and the recitation of the Quran an indispensable part of your life, for it shall be a light for you on earth, and a means of being remembered in the heavens.”

We need to actively support the Maktabas and teachers who are engaged in the teaching of the Noble Quran. Age is also no stumbling block in learning how to recite the Noble Quran. Never let shyness prevent you from learning to recite the Noble Quran.

## MEMORISE THE NOBLE QURAN

The second step is to memorise the Glorious Quran. We learnt the value of the Hafiz - one who has memorised the entire Noble Quran by heart - during the hard

lockdown that we went through. People were looking for someone to lead them in Taraweeh and complete the Noble Quran.

Abu Umaamah رضي الله عنه used to say, “Read the Quran, and don't be content with merely having copies hanging on the walls. Allah Ta'ala will not punish a heart that has memorised the Noble Quran.” (Daarimi)

Becoming a Hafiz means that you will be able to intercede for 10 members of your family to enter Jannah (Paradise). (Tirmidhi)

When a Hafiz rises from his grave, the Noble Quran will come and greet him. He will be given a crown to wear and his parents will get luxurious garments. They will be told that they had earned this by virtue of their child learning the Noble Quran. Age is no barrier to memorising the Noble Quran. Many a person in his or her 50's and 60's has done it or is busy with it.

## UNDERSTAND THE NOBLE QURAN

The third step in our connection with the Noble Quran is to understand its meaning. How can we rest without having a desire to know the message of the Noble Quran? We read hundreds of texts and watch loads of stuff but we cannot find the drive to read the meaning of the Noble Quran even once? The best is to understand it from the Arabic, and this is one of the great outcomes of our Darul Uloom. If not, we are fortunate to have some good, flowing translations in English such as the Gracious Quran by Ahmad Zaki Hammad, or the translation by Mufti Taqi Uthmani.

Authentic explanations of the meaning can be found in Tafseer

Ibn Kathir or Mufti Muhammad Shafi رحمته الله Ma'ariful Quran. Ulama are available to explain any points one may require further understanding with.

## PRACTICE ON THE NOBLE QURAN

Going further on the road to our connection with the Noble Quran would be to practice on the message of the Noble Quran. This can come by attending Fiqh (jurisprudence) lessons, building on our faith by joining the Tabligh Jamaat, and bringing the sublime character outlined in the Honourable Quran through Islahi (reformation) programs or a connection with Ulama in this field.

We desperately need the Noble Quran to repair and rectify our lives, to build a bond with Allah Ta'ala, to cure our sicknesses, to help us at the time of death, in the grave, on the Day of Judgement and into Paradise. Let us urgently reconnect with the Noble Quran by reciting and memorising it, and assisting in avenues that teach it.

Life is just too short to be deprived of the splendours of the Gracious Quran. “Its grandeurs and wonders will never cease.” (Mustadrak Haakim) How unfortunate if we do not discover this fact for ourselves? The Noble Quran is a life support especially in these trying times.

# THE Porn TRAP



Islam has put in place a set of laws that takes into account our natural instincts, failings, how our minds work, as well as what is beneficial and detrimental to us in both the short and long terms. These laws are not designed to break us, but to grant us a wholesome and successful life in this world and beyond. On the other hand, the devil and his cohorts try to upset this ordered existence by inciting us to do things that are destructive both mentally and physically.

Very few things have wreaked havoc in the modern age on nearly every strata of society as pornography and specifically internet porn addiction. It is a stark reality of our era that is confronting Imams across the globe, yet we are still sweeping it under the carpet. In this feature, we outline the problem and steps that can be taken to get out of this devastating plot of Satan.

## SILENT SUFFERING

Attraction between the sexes is a natural human quality. Islam acknowledges this and does not prevent people from fulfilling their desires. Rather, it regulates it so that people can enjoy it in the most wholesome way possible. The default position would be for someone to adhere to these rules and not fall into the sin at all. The pressure of not giving in to the sin

is way less when compared to the anguish and long road of trying to stop an addiction to sin. So the successful youth is the one who can maintain this discipline.

At the same time we need to address those whose hearts and minds are already captured by the addiction to porn. Many are silently suffering this addiction. The reality is that we quickly become desensitized to nudity, immoral scenes and porn. It has made its way into everyday viewing on different platforms with no acknowledgment of it even being a problem. Just because it is portrayed in a main stream series does not make it any less harmful. One glance can lead to a debilitating addiction which only gets addressed when devastating spiritual or social consequences occur.

The major root cause is the usage of the eye and feeding temptation through visual stimuli, something the West either deliberately or through ignorance refuses to acknowledge. The world is grappling with the scourge of child kidnapping, human trafficking, institutional abuse of women, girls and boys, rape and a host of other sickening acts that are primarily driven by sexual lust. In 2009, nearly half a million rapes took place in South Africa. There were more than 67,000 cases of rape

and sexual assault on kids in the country in 2000.

## THE HUMAN FORM

Allah Ta'ala orders us to cover the human form which He has created. The opposing forces of the devil work to expose the human form. Depictions of intimate and depraved sexual acts

have been found on artefacts from ancient Mesopotamia, Sumeria, the Assyrian Empire and ancient Egypt. When excavations were made of Pompeii in the 1860s, much of the erotic art of the Romans came to light. This shocked the Victorians who saw themselves as the intellectual heirs of the Romans and they hid it away.

When photography was invented, photographic porn soon followed. When the motion picture arrived,





the inevitable outlet of human lust followed – initially porn films were produced for the wealthy, until they became mainstream from 1969-1984. With the internet came an unprecedented increase in porn viewing. The devil was now doing wholesale business.

Big companies have gained control of porn sites using legal loopholes by operating under a complex structure of multiple companies in places that are so called tax havens. One of the top five bandwidth consumption consumers in the world is video streaming. It totally dominates the internet. During peak hours in North America, 70% of the bandwidth is taken by video streaming. Now the next step has come into play – bringing porn, nudity and intimate sexual scenes to mainstream video streaming in the form of Netflix and others. It has even crept into documentaries. It says much for society and how degraded and debased we have become that viewers find it normal.

## **PORN ADDICTION IS INCREASINGLY A CAUSE FOR MUCH OF SOCIETAL PROBLEMS**

### **WHAT IS THE EXTENT OF THE PROBLEM WITHIN SOCIETY?**

Porn addiction is increasingly a cause for much of societal problems. The associated fallout is clearly being felt – the breakdown of the family unit with even young husbands unable to satisfy their wives sexually, the cheapening of the role of the wife and mother, the loss of manhood, the rise in sexual perversions and violent sexual crimes. Studies show that internet porn addiction leads to physical problems and this in turn becomes damaging to one's emotional wellbeing.

### **THE BENEFITS OF GIVING UP PORN ADDICTION**

Ibn al Qayyim رحمته الله lists among the benefits of controlling the gaze that

1. One gets sweetness in one's faith and enjoyment,
2. The heart is strengthened and achieves peace,
3. The balance within one's mind allows for the making of correct decisions instead of constantly messing things up,
4. You gain physical and spiritual strength, and
5. It frees you from the clutches of the devil and the fever of addiction.

Modern studies show that giving up internet porn addiction makes you more confident, happy, smart, more vibrant looking, gives you a sharper mind allowing you to think clearer, and in the majority of cases you will start to function normally in sexual terms.

### **WAYS TO BEAT THE ADDICTION**

1. Admit that you have been ensnared by the devil and only Allah Ta'ala can help you.
2. Admit that you have no control.
3. Do an honest self-analysis and see what triggers your addiction. Work out how you reached this point.
4. Change your environment. This can be a trigger.
5. Remove all porn from your devices.
6. Never say one last time. This is a trap of the devil.
7. Leave out artificial stimulation and shift to real life. This will reduce the intense craving. In actual fact you need to reboot your brain. By changing your behavior, you change your brain structure. After giving up the addiction your brain will first try to hurt you into succumbing again. Continue, the brain will eventually accept.
8. Take it a day at a time. You might need 2-3 weeks to recover balance, or 2-6 months or even more.
9. Exercise is a solid mood regulator. Essentially you need to divert your mind. Go outside, take up a hobby. It's a big shift for your brain.
10. Fetishes are not permanent no matter what your mind is telling you. They generally grow from the illusions created by what you watch.

These are just some of the things that can help in breaking the addiction. There is a lot of help out there. Make a start, you will never regret it.

# HADITH

## VERIFICATION SERIES 06

In this series we bring you a selection of topics from [hadithanswers.com](http://hadithanswers.com)



### UNLAWFUL GAZE LEADING TO OTHER SINS

**Question:** Is this narration suitable to quote: Sayyiduna 'Abdullah ibn Mas'ud رضي الله عنه said: "Sins [affect] the heart. And whenever there is a [haram/forbidden] glance, Satan has hope [as the haram glance will lead to other evils]."

**Answer:** Imam Tabarani رحمته الله has recorded this narration as the statement of Sayyiduna 'Abdullah ibn Mas'ud رضي الله عنه. He has recorded two other similar narrations as the statement of Sayyiduna 'Abdullah ibn Mas'ud رضي الله عنه as well. (Al Mu'jamul Kabir, Hadith: 8748-8749-8750)

Imam Bayhaqi (rahimahullah) has recorded this narration as a Hadith of Rasulullah صلى الله عليه وسلم. (Shu'abul Iman,

Hadith: 5051)

'Allamah Mundhiri رحمته الله states: "It has been stated that the correct version is the mawquf one." [i.e. As the statement of Sayyiduna 'Abdullah ibn Mas'ud رضي الله عنه. (Targhib, vol. 3 pg. 36/37)

The narration is therefore suitable to quote as the statement of Sayyiduna 'Abdullah ibn Mas'ud رضي الله عنه.

### LIVING TO SIXTY

**Question:** Is this Hadith correct and what is the correct meaning: Sayyiduna Abu Hurayrah رضي الله عنه reports that Rasulullah صلى الله عليه وسلم said: "Allah has left no excuse for a man whose time of death is deferred until he reaches the age of sixty."

**Answer:** Authenticity - Imam Bukhari رحمته الله has recorded this Hadith in his Sahih. The Hadith is therefore authentic. (Sahih Bukhari, Hadith: 6419)

**Explanation -** The average lifespan of this Ummah is sixty to seventy years as recorded by Imam Tirmidhi رحمته الله on the authority of Sayyiduna Abu Hurayrah رضي الله عنه.

The commentators of Hadith explain that when a person reaches sixty, Allah has given him enough opportunity and lifespan to obey him and carry out good deeds. Once he reaches sixty, Allah will not accept any excuses from him for his failure to repent and carry out good deeds.

Therefore once a person reaches sixty it is highly recommended that he engages in abundant istighfar (repentance) and turns his full focus toward the Hereafter. (Refer: Fathul Bari, 'Umdatul Qari, under Hadith: 6419 and Faydul Qadir, Hadith: 1148)

**Note:** Allah Ta'ala, through His divine wisdom may choose to forgive whomsoever he wishes. Therefore this Hadith does not mean that if a person reaches sixty and does not amend his ways there is no hope for him. It is never too late to repent. Perhaps Allah may afford him the opportunity to sincerely repent just before his dying moments.

### BLOWING IN FOOD


**Question:** Is this a reliable Hadith: Sayyiduna 'Abdullah ibn 'Abbas رضي الله عنه reports that Rasulullah صلى الله عليه وسلم never blew into his food and drinks and never breathed into utensils." [Ibn Majah]

**Answer:** Imam Ibn Majah رحمته الله has recorded this Hadith. (Sunan Ibn Majah, Hadith: 3288)

'Allamah 'Munawi and 'Allamah 'Azizi رحمته الله have graded the chain sound (hasan). (At Taysir, vol. 2 pg. 267,

As Sirajul Munir, vol. 3 pg. 160)

Ibn Abbas رضي الله عنه said that, 'Rasulullah صلى الله عليه وسلم prohibited blowing into food and drink'. Imam Ahmad رحمته الله has recorded this Hadith with an authentic chain. (Musnad Ahmad, vol.1 pg.309)



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